6-NOV 1937
MADRAS

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Editorial

Rural Uplift

THE question of Rural Uplift is a burning one throughout India at the present day. The term "Rural Uplift" denotes all measures that are conducive to the health, welfare and advancement of the rural population. These measures may be classified under three headings, social, economic and hygienic. We are chiefly concerned here with the hygienic aspect of this problem. Lt.Col. A.J.H Russell, I.M.S., a former Public Health Commissioner with the Govt. of India, observed in one of his Annual Reports that "the health and welfare of the people of India are the most important problems with which the new governments—Federal and Provincial—will be faced as soon as they are brought into being." We are glad to find that, in our own Presidency, the Congress Ministry has realised the importance of Rural hygiene and spared no pains to take up and tackle this problem of problems immediately after accepting office. Prohibition is an all-comprehensive measure and its introduction in Salem and proposed extension throughout the Presidency in the course of the next two or three years will, not only confer health and wealth on the populace, but also raise their morale. The Hon. Dr. T. S S. Rajan, Minister of Public Health, has discovered that the crying need of the hour in village parts is water-supply and has accordingly made provision for it in the current Budget. According to the scheme that has been formulated by the Public Health Department, there is provision

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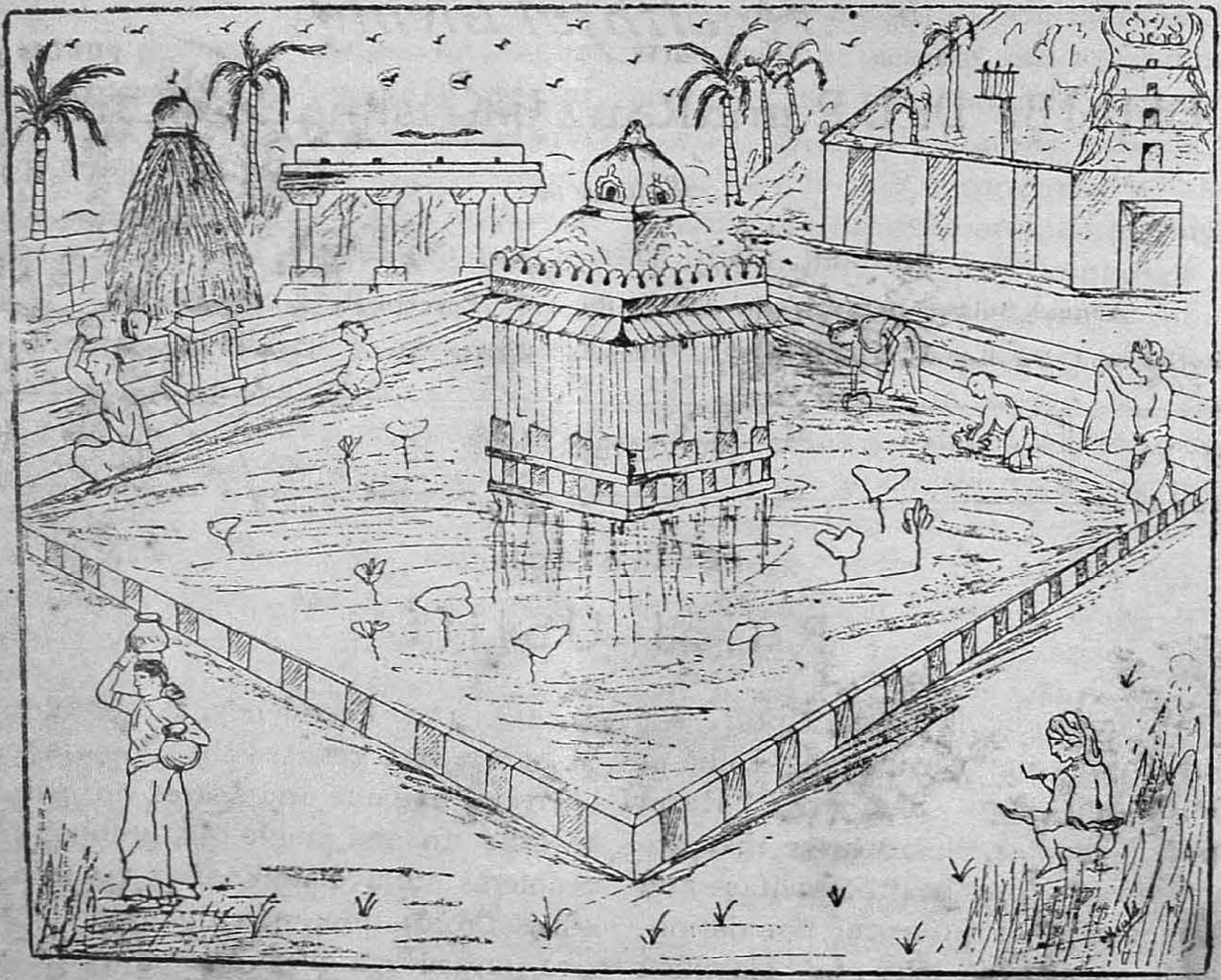
for "one well to a taluk in every district where water-supply is very scarce and where there is not even a tank or a well and where people have to go a long way for securing water". These wells, whether ordinary or bore-wells, we understand, would be provided with a pump and their future maintenance would be entrusted to the area must be kept unpolluted. The wells must be provided with pumps. The old system of appointing a watchman to guard and protect these water supplies must be revived and the village menials who have practically no work during a major part of the year may be deputed to this work by turns, without additional expenditure to the



Dangerous water for drinking purposes. A tank indiscriminately used for bathing, drinking and washing purposes.

Revenue Department to be done through the Agency of the Village Headman who would be furnished with spare parts of pumps etc. and helped by the village blacksmith, who would be given some training in maintenance and repair. This is as it should be. In villages, where there are already tanks and wells, the tanks must be repaired, deepened and reserved for drinking purposes. The catchment State. In the consolidated Public Health Act for our Presidency, which, we were told, would soon be placed on the Legislative anvil, penalties for pollution of water-supply in rural parts should be included. We wish there are separate Acts for Urban and Rural parts, as their conditions widely differ.

Then comes the question of Medical Relief. The Hon. The Health Minister intends to extend the Rural Medi-

cal Scheme as funds permit and to enlarge the functions of the Rural Medical Practitioner. We had, in our Medical journal "*The Antiseptic*" (Vol. XXXIV, No. 9), made the following suggestions with regard to the Rural Medical Scheme : "Wide and rapid extension of the scheme is highly desirable not only in the interests of the thousands of unemployed medical men but also in the interests of the millions of the masses in rural parts who suffer and die from various kinds of maladies without any kind of treatment whatsoever. We think there ought to be one medical practitioner for a group of 20 or 25 villages and he should be assisted by a compounder, a vaccinator and a midwife. He must treat the necessitous poor free. He should tour through his villages in the evenings, after attending to his dispensary work in the mornings at the headquarters. In other words, he must be an itinerary practitioner and as his jurisdiction may be limited to villages, situate within a radius of five miles from the headquarter village, he may not find it difficult to return to the headquarter in the night, after finishing two or three villages a day. Perhaps a small cycle allowance of Rs. 5 P.M. may help him to do this task with ease, comfort and expedition. He will also be responsible for the sanitation of the villages and for keepthem free from epidemics. This duty is already imposed on him and can be continued with profit". From a recent communique, we learn, that the Govt. have approved of our suggestion and the Rural Medical Practitioner's functions will be extended to 'fields of Sanitation and Public Health including medical inspection of school children.' If only his jurisdiction is limited to 20 or 25 villages, there is no doubt he will be able to successfully cope with his work.

There was a time when curative and preventive medicine were combined in our Presidency in the District Medical Officer. In the early part of the 20th century, the District Medical Officer was called the Dt. Medical and Sanitary Officer. He was responsible to the Surgeon-General in medical matters and to the Sanitary Commissioner with regard to sanitation. After a time, separation was thought of and a new Public Health cadre was formed with a Director of Public Health as the head and with District Health Officers and Health Inspectors under him. Now, the pendulum has begun to swing backwards and recent expert opinions indicate that it is inadvisable to separate preventive and curative functions, especially in rural parts. The Special Committee appointed by the Health Organisation of the League of Nations to enquire into and report on Rural Hygiene for the Far Eastern countries, in their report embodied in the Quarterly Bulletin of the Health Organisation, Vol. II No. I, March 1933 observe: "The experience of all members of the Committee definitely points to the inadvisability of separating preventive and curative functions in the rural areas of most of the countries under consideration There was unanimous agreement that while this can be and is being done in the larger urban areas, in so far as rural areas are concerned, the confidence of the population can only be won by tactful demonstration of the direct value of the health personnel to the individual. A cured patient becomes a centre of propaganda. Furthermore, therapeutic activity provides opportunity for health

propaganda by word of mouth. It is felt moreover that the whole of the personnel of the medical department must be impressed with the importance of utilising every opportunity of contact with patients and the community in order to give friendly instruction in simple language in elementary hygiene. As one of the delegates put it: 'The dispenser should be given a little more instruction in Public Health and the Sanitary Inspector a little more instruction in treatment'." So, the rural Medical Practitioners must be given sufficient training in Hygiene and Sanitation before they can be entrusted with the health and lives of the masses in rural parts.

(*To be continued.*)

PHYSICAL FITNESS

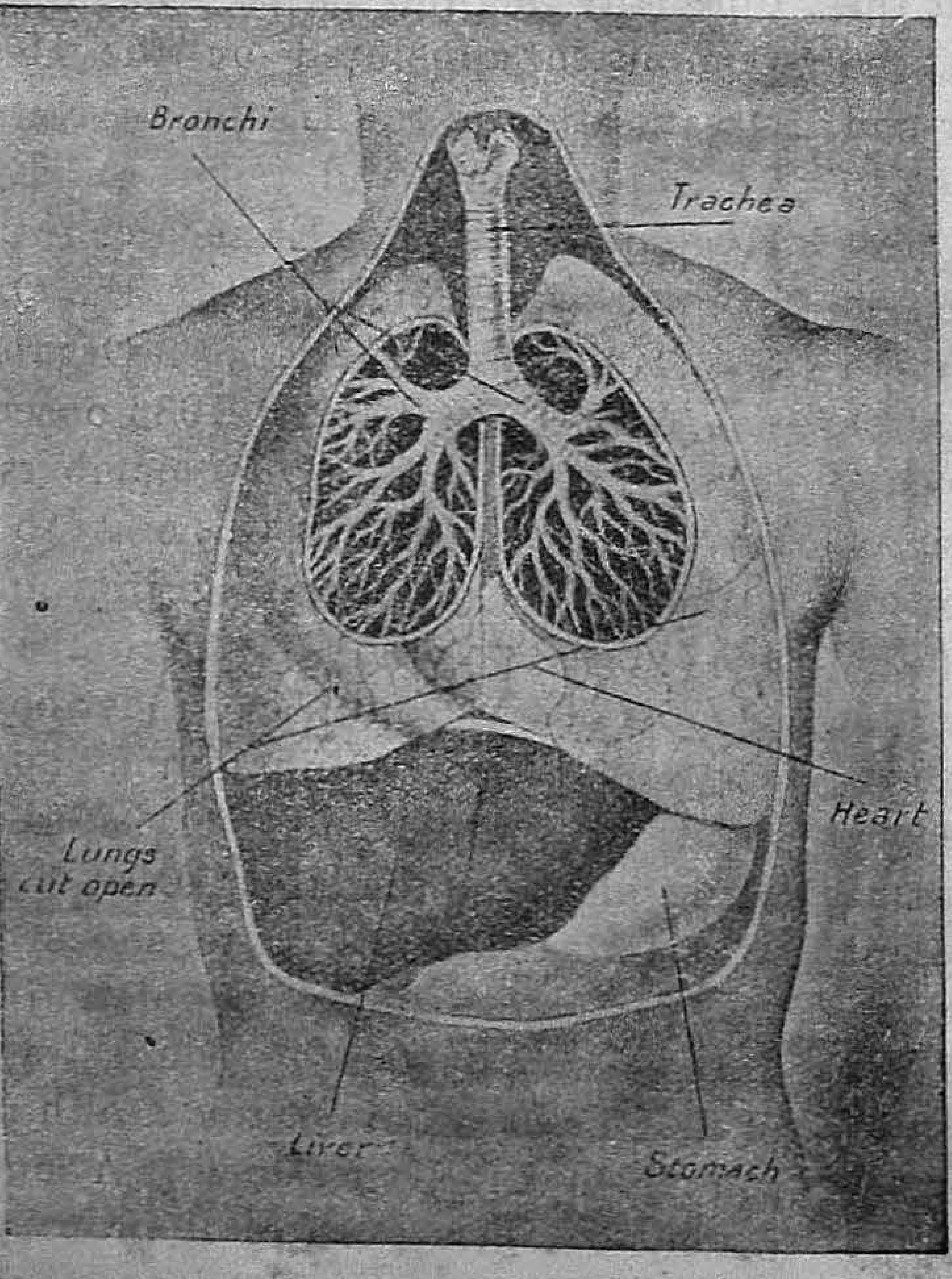
—By Khagendranath Chatterjee,—

M B., Lt. I.M.S., (Retd.), Chinsura, Hoogly.

(Contd. from p. 195, Vol. XV, No. 10, Oct. '37 issue of 'Health').

THE NECK.

THE neck joins the head with the trunk or main part of the body. It should be proportionate in shape to the general structure of the body, *i. e.* should not be either too long, or too short. The neck usually becomes long in thin people, and short in fat persons. The neck contains the wind and food pipes in its front as they run from the head to the chest. The food pipe remains behind the windpipe; and the main blood vessels and nerves of the head run by their sides and are covered by stout bands of muscles, which protect them. Behind is the first part of the backbone, which is called the *cervical part of the spine*, the medical name of the backbone. This cervical spine supports the head over the body, and contains within it, a portion of the brain, called the Spinal Cord. The Spinal Cord in the neck, contains the vital centres of the body, namely the centres which regulate the respiration and circulation of blood in the body. These



The Neck with the Windpipe or Trachea leading to the Lungs.

centres are like the electrical power houses, and govern the whole system. These centres in the brain are, really speaking, the vital forces of human life. Any serious injury, such as fracture of this portion of the backbone, therefore, is liable to cause instant death. Severe injuries over the windpipe, or over the blood vessels that run by its sides, such as a deep cut, or any tight ligature around them, may similarly cause sudden death.

A very important organ of the body lies in the upper and front part of the neck, which is also called the throat. This organ is called the Thyroid Gland, and is very small and somewhat round in shape. The gland is usually bilateral *i. e.*, consists of two portions which remain at the sides of the neck, connected by a central narrow band.

The Thyroid gland regulates the general nutrition of the body, and mind, particularly of the young, and the sex organs of the females during menstruation and pregnancy. It is said that this is maintained by a secretion of the gland which mixes with the blood and is carried to all parts of the body In health, the gland remains under the skin, unseen, but when it becomes diseased, it becomes very large, and then becomes visible as big tumours on the sides of the neck, which are known as Goitre. It may also become atrophied from the very beginning, or totally absent, and then there appear serious changes in the body and mind. A short description of these changes will be described, along with the means of preventing and curing the conditions. When the gland fails to grow, remains very small and atrophied in the young, the child also fails to grow either bodily or mentally, and is known as the Cretin or the Idiot The child becomes stunted in growth and mentally dull.

The appearance of such a child has been already described in the Head and Face chapter of this series. In the grown up men and women also, when the gland fails to function, or becomes diseased, a great change in their appearance takes place. The features become characteristic. The bulk of the body increases The skin becomes coarse and thick, the hair falls out, and becomes thin. The facial aspect is also peculiar. The lips become thick. The wrinkles of the forehead disappear, the nose becomes stout and the mouth wide. The people become very fretful, and mental weakness gradually appears, and may deepen to insanity. This condition is known as Myxœdematous, and lives become miserable and hopeless, gradually. It is to the credit of medical research, that this miserable condition of human life may be changed to a healthy and normal state again, by treatment. A remarkable improvement is noticed within a short time, after the administration of some of the preparations of these very glands from some animals, by the mouth, or by imbedding these glands surgically in the body of the patients, by uprooting the glands from some healthy animals such as the monkeys. Even the feeding of the gland extracts are as effective and many a hopeless and deplorable lives have been restored to their usual health and vigour within a short time. The other condition, in which the gland enlarges in size, and becomes visible like a tumour, of which mention has been made previously, is supposed to be

due to infected drinking water, as it takes place in large numbers in mountainous districts. The disease prevails throughout the World and is known to occur in England, Germany and Switzerland. In India it is prevalent in Kashmere and in the Himalayan regions. It is rare in the sea side. It is said that the water is rich in lime and poor in Iodine in the places where the disease prevails. But the disease can be prevented if the water is boiled before drinking. This points to the presence of some germs in the water. The Goitre however diminishes after the administration of small quantities of Iodine and its preparations, for some time There is another type of Goitre which attacks women, particularly the young women, and is known as the Ex-ophthalmic Goitre, in which the eyes protrude with the Goitre, and there occurs distress of the heart. The cause of this condition is over-action of the Thyroid Gland and should be treated medically.

Clothing for Health

By G. Raman Pillai, M.B., Ch. B. (Edin.)

Trivandrum

TIME was when clothes made the 'gentleman'. It is a happy sign when man is raising the standard of revolt against the mediaeval convention of dressing mainly for elegance and ostentation. The tyranny of fashion is at long last giving way to the rational claims of hygiene to have its say in matters of dress. From the noisy foppishness of the decorated dandy, to the questionable modesty of the undraped nudist, seems, nevertheless an extreme and desperate step, characteristic of the modern reactions of impatience towards orthodox conceptions. Is aesthetics re-discovering the beauties of naked nature after a surfeit in extravagant ornamentation ! Religions have invested their ministers with garments ranging from the robes of a pontiff to that of a barely clad yogin. Politics has had its share in prescribing distinctive costumes, such as shirts, black, blue, red or brown, or the plain and innocent-looking Khaddar. The latest sensation is the cutting down of much of the pomp and circumstance of state councils according to the Khaddar cloth of Indian village manufacture ! Occupation, race, caste, and custom have prescribed fashions of dress basing on convenience or distinctions of social status. Between these wide ranges of practice, our clothing must have a hygienic basis for its adoption. Dressing or under-dressing for the sake of health seems to be the dominant consideration in these socialistic days. For having excluded the natural sunlight by excessive clothing in the past, Europe is now paying the penalty by inventing the artificial sunlight or the violet ray at much expense—which can only be the second best where *the very best* is lying about us everywhere, from sunrise to sundown.

We have to dress ourselves according to the latitude or the altitude in which we live. The Eskimo has per force to dress differently from the equatorial inhabitant who is often the absurd imitator of the unnecessary western

mode. It is also necessary that we dress ourselves in obedience to the vagaries of the weather in one and the same climate, rather than according to the prophecies of the calendar. All clothing should primarily aim at the healthful protection of the body, apart from the demands of decency. Prepossessions of snobbishness should not be permitted to interfere with what the health requires. We must dress ourselves against the heat, the cold, or the damp, and also against the encroachments of parasites such as mosquitoes, and the itch-mite, (easily contracted in the buses or school rooms). One does not fully realise the benefits of the naked 'sun-bath' on the skin in which it synthesises certain vitamins for the body. The late afternoon sun is of inestimable value to children for their growth and hardening them against the commoner catarrhal troubles.

Apart from the mechanical protection, the main hygienic aim of all clothing is the maintenance of the body temperature constantly at the normal (of 98.4°F.), through the wide fluctuations of it (from 120°F. to 60° F.) in the Indian climate. The temperature of the atmosphere is always changing through the operation of the sun's influence; and the temperature of the human body is inclined to rise because of the heat generated in it by the chemical changes of its various organs, as for example, in severe muscular work. The superfluous internal heat would destroy life if it is not promptly got rid of so as to re-establish the normal optimum body temperature (98.4°F.). Doctors hasten to reduce the high temperature in fevers by means of cooling and evaporating baths and medicines that induce perspiration. Fortunately for us, our environment of the outer atmosphere is usually at a lower temperature than our body, and always ready to abstract heat from any body exposed to it. The heat of the engine room in a factory is carried away by air currents to the outer atmosphere: and the workers in the factory are saved from the sweltering air within. In like manner, the excess of the heat of our body is collected by the blood that circulates in every part of it, and passed over in the sweat exuding from the myriads of tiny apertures in our skin, the very evaporation of the perspiration itself robbing the skin of its superfluous heat. The skin should not be cooled beyond the healthy normal limit by too free a perspiration, as from a naked body; nor should it be heated beyond the said limit by too tight and heavy (or impervious) clothing that dams back perspiration and prevents the dispersal of our heat. The Mohurrum 'tigers' would tell us—(for they are capable of speech when hard pressed)—how much the paint of varnish on their skin militates against comfort, because the heat of the body cannot find an outlet through the paint-sealed natural mouths of the sweat pores! Growing children are the commonest victims of tight clothing, as economic parents do not always keep pace with the rapidly changing sizes in their clothing. Other victims of the same discomfort are those that insist on the tweeds for their suiting in the hot weather. How shall we ensure the free dispersal of the body heat and the moisture of perspiration? Tha loose shirt and trousers with some form of absorbent cotton texture is the ideal for this in warm weather. The periwig and the robes of ermine that are comforting to the

Lord Chancellor on the Woolsack, would seriously discompose the equanimity of his Indian counterpart in the equatorial legislature. On the other hand, a half-exposed body under an electric fan in a perspiring chamber would incur the risk of chills. Good Khaddar is hard to beat for the Indian climate,—if one can overcome the unreasoning sentiment that looks upon it as the 'reg flag' of revolution, rather than as an economical and a wholesome article of clothing. All shirts wet with perspiratian should be removed at the earliest possible opportunity and replaced by dry ones, as soon as we experience the feeling of chilling on the skin. Where a change of shirt is not at hand, it may be sufficient to wrap ourselves with dry upper-cloth. The sweating in a crowded room is as liable to lead to chills as the perspiration during physical exercise.. An alternative method suitable for the sporting field is to don a 'pull-over' or a woollen 'sweater' over the wet under-wear. The hardy cooly rarely contracts a 'chill,' as he uses little or no clothing over his body, and most of his perspiration drains away instead of being retained by a shirt and coating. The woollen shirt is of advantage during physical exercise, as it does not part with its heat so readily as the cotton cloth—thus delaying the chilling process. Silk shirts, being non-absorbent, are chilling when wet next to the skin. But silk coatings over cotton under-dress can keep out heat. "Chills" are the consequences of too rapid cooling of the heated skin surfaces— a sudden change of temperature with which the internal organs of the weaker individuals cannot adjust themselves with promptitude. The corpulent individual is less liable to chills than the lean one, because of his protective layer of fat. Strenuous manhood and youth would scoff at the caution against chills as they do against the infirmities of distant old age. But alas! the average Indian does not live to enjoy his old age, as his life's duration is but twenty-five years. Chills can bring on 'colds' that are prone to relapses; and many a relapsing cold has terminated in Tuberculosis or 'Consumption'.

Dress suited for the Tropics. *Dress unsuited for the Tropics.*

Apart from physical exercise, the loose dress of the tropics operates as a protection against too sudden changes of temperature of the skin, by means of the layer, or jacket, of air held between the skin and clothing, as a sort of moderating buffer or 'verandah' between the internal and external warmth. In the colder climates, the several layers of our dress hold the warmed air between them. The advantage of numerous lighter layers over a single layer of a denser texture is apparent. The quilted jacket of the North Indian labourer has a constant

and warmed air cushion interposing between his skin and the cold without. The arctic explorers keep warm in their beds by slipping their bodies inside their sleeping bags that retain air warmed by the body. The downy feathers of birds enmesh the warm air that keeps them and their young ones warm in the winter. The air cells form the basic design of the texture of the protective covering of the stem of the plantain tree, as of the barks or cork of trees, in general. In short, the warmed air jacket next to the skin is the real covering that protects.

Clothing can attract or repel the sun's heat according to its colour. The white dress protects us best from the solar heat; the yellow comes next, after these come the pink and the blue. The black colour absorbs the sun's heat readily, and is therefore not suitable for the hot weather; it is the prevailing colour in the colder climates when we wish to store warmth to the body. It is to be hoped that the fair ones would exercise hygienic discrimination in the choice of their sarees and gowns, rather than be captured by their partiality for the favourite (but perhaps unhygienic) colours!

Tight clothing that obstructs the radiation of heat and moisture from the skin is said to lead to mouth-breathing in children, who are then liable to colds, tonsils, rheumatism, and ultimately even consumption. When the skin outlet is obstructed, the moisture has to find its exit in large amounts than is usual through the breath that becomes more laboured and abnormal. Over-dressing becomes a positive danger when we spend hours inside crowded theatres and halls with poor ventilation. No hall should be considered adequately ventilated if it over-heats the audience to the degree of perspiration and oppression, in breathing the heated air. A sprinkling of persons with colds or influenza among the audience is all that is needed to fire the fuse of an epidemic explosion in this sweltering atmosphere. The use of the handkerchief or a substitute 'second cloth' should be enjoined with a view to intercept the flying droplets of discharges from a coughing or a sneezing subject.

Clothes should be cleaned and frequently changed if we are to ensure health. It is advisable not to use another person's clothes, especially for the children. Our shirts can breed germs on them and infect the skin with itches, boils, carbuncles and worse. Every square inch of our under-wear can show about half a million microbes after a single day's use And this number rises easily in a week to as many as ten millions! Dare we enquire into the germ content of our boots, hats and turbans that some of us use year in and year out? Cotton clothes are cleaner, as they are steamed and thus made germ-free by the dhoby. The best of soaps cannot free clothing of germs. Woollens and silks cannot be steamed and cannot therefore be sterilized so effectively. Is it any wonder that woollen stuffs are fruitful fields of research by hungry insects abounding in the tropics? Health needs a change of clothing when we go to bed. The bed-clothes and bedding should be dried and aired every day, instead of being rolled up and put away in an out-of-the-way corner until the next bed time. If possible, every individual

should have a separate bed, especially the children. Septic mouths with 'tonsils' and 'pyorrhoea' and bad teeth are too often contracted by sleeping in the same bed with the saliva-stained pillows and blankets in joint use.

Daily sun-baths in moderation are health-giving, especially for the children. The sun-burnt skin is fast becoming the rage in Europe where the complexion nurtured in the shade with cosmetics was once the admiration. The ordinary clothing interrupts the (Ultra-violet) beneficent rays of the sun; but artificial silk is supposed to transmit these, from the afternoon sun. Mosquito-curtains would retain impure exhalations unless they are daily aired and used only where there is a free flow of fresh air.

The foot-wear in India should follow the same principle of the free access of air and the evaporation of perspiration. Boots are unsuitable for India. The lighter shoes and sandals are to be desired. The naked feet would be exposed to the hook-worm and such infections. As regards the head-gear, the light and loosely made-up washable turban is sanitary. Hats and caps should have the provision for ample ventilation without constricting the scalp. The hat has a brim that shades the eyes from the sun: the turban has not this advantage. A sun-proof head dress for women has yet to be invented in India.

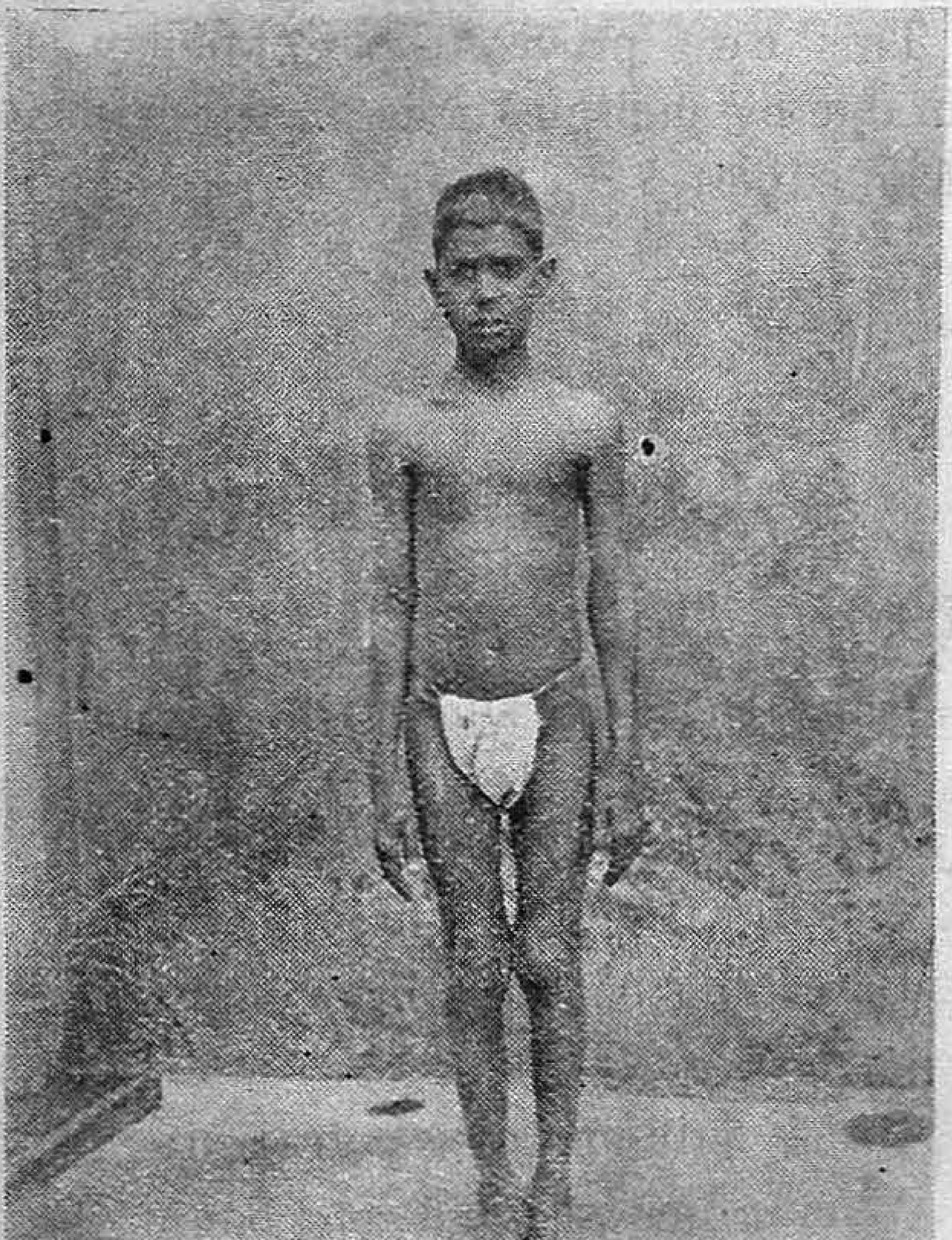
The individual as well as the community could advance their health by attention to the simple rational principles of the hygiene of clothing. The individual would be portected against the mechanical injury from dust, dirt and parasites, as also from violent aberrations of the temperature of his environment that ever contend against the maintenance of the constant body heat. The community, that depends on the individual's conduct for its welfare, would, through clothing, secure in some measure, protection from passing infections and contagions to which it is daily exposed in social intercourse. We must dress and live ourselves as we would have others do for their sakes as well as for our own. The hygienic habit would become an automatic and unconscious act of the adult only if the elements of the simple science be taught and demonstrated in the schools in a more practical manner. We qualify ourselves largely for the professions; but we do little to equip ourselves to live rationally in the physical environment in which we are placed. Many of our troubles arise from a lack of harmony between the precepts we imbibe and the practice thereof when face to face with reality. While acquiring knowledge in the sciences with remarkable facility, we seem incapable of turning it into current use, in daily life. New conventions have to be shaped and new habits formed, in the light of the phenomena observed by science and warranted by actual experience. Would the new orientation of Public Health policy. extricate us from the slough of fatalistic despond we are in?

EPILEPSY

By Dr. R. S. Agarwal,
Eye Specialist, Delhi.

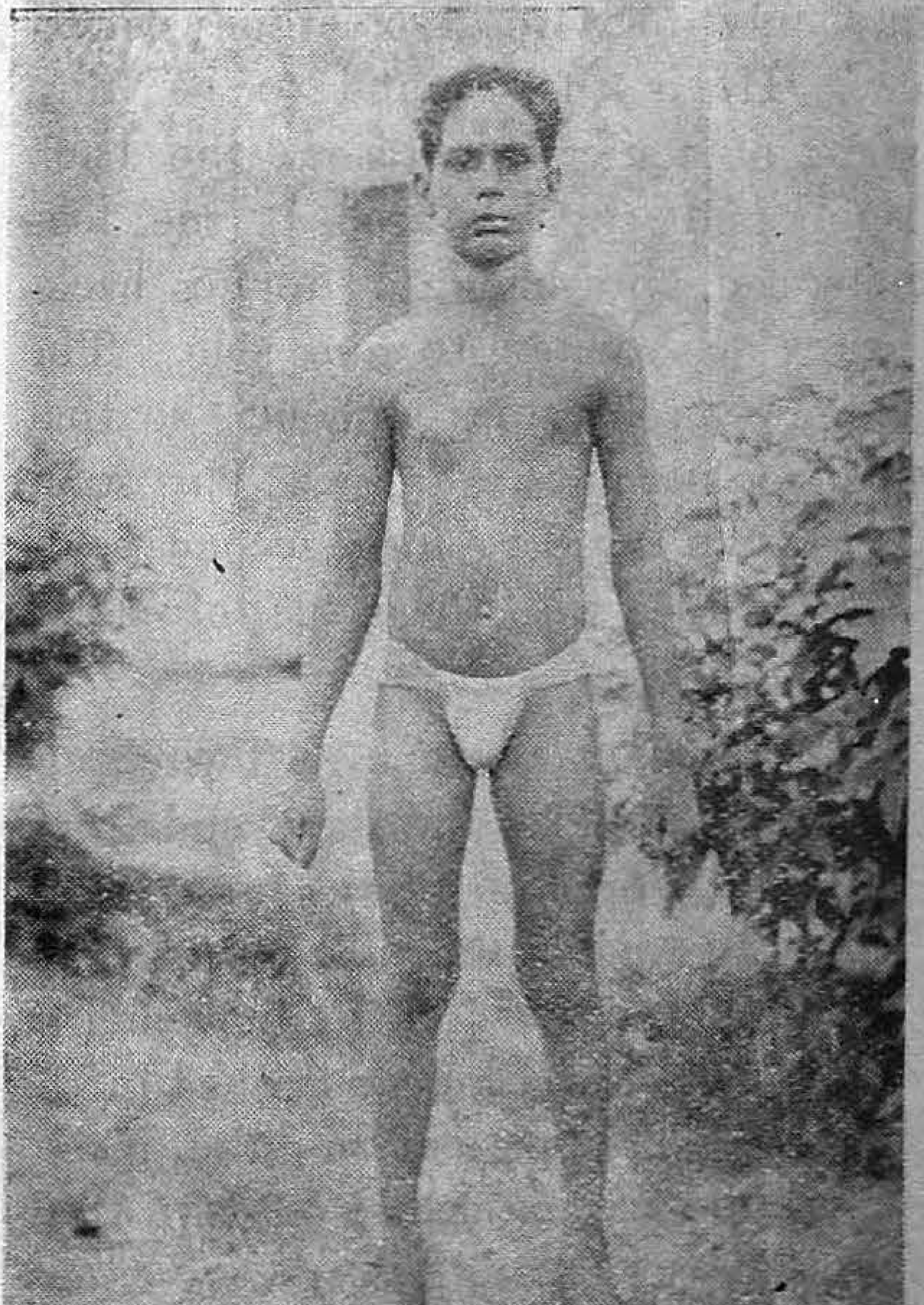
EPILEPSY may be defined as a disease in which there are attacks of sudden loss or impairment of consciousness, with or without convulsions.

This is but the conclusion of a series of preceding diseases which have been suppressed, or is the result of inherited disorders, too often to be



Boy suffering from Epilepsy from child, age 12 years.—Photo taken before treatment.

traced to the youthful folly of the father. There is accumulation of the poisonous or foreign matter in the body, and the epileptic attacks are nothing more than sudden ebullitions of fermenting of the foreign matter, which has first developed in the abdomen. In many cases these ebullitions of fermentation first pass down into the legs, only afterwards pressing upwards By the outbreak of fermentation, many persons are first whirled round, as it were, several times, before



After ten months—the same boy cured and became quite healthy under Dr. R. R. Khetti of New Delhi.

falling: others, again, as soon as the fermentation rises towards the head, lose consciousness and fall to the ground. These processes in the body may be compared to the outbreak of a volcano, when the expanding gases and masses, accumulated within the earth, suddenly rush forth.

The epileptic fit passes generally under four stages:—

1 *Aura.*—Aura is any sensation or motion experienced by the patient while he is yet conscious, mostly of very short duration, and terminating abruptly in loss of consciousness and convulsion.

2. *Unconsciousness and Tonic Contraction.*—The patient becomes unconscious, if standing or walking, falls suddenly forwards, sometimes with a cry. He is then found to be in a state of tonic convulsion, the back rigid and slightly arched, the legs extended, and the head drawn backwards or rotated to one side. The respiration becomes difficult, so that the face becomes cyanosed. This stage lasts from three to forty seconds, and then passes into the stage of clonic convulsions.

3. *Clonic Convulsions.*—Twitchings begin on the face and the eyelids, and quickly extend to all the muscles of the body and limbs. There is rapid succession of to-and-fro movements, saliva is freely secreted, frothed in the mouth. The patient is quite insensible, and the pupils are dilated. This stage lasts a few minutes.

4. *Recovery.*—The breathing becomes easier, the frothing at the mouth ceases. Finally the patient remains simply comatose, and the coma passes into natural sleep.

TREATMENT. — Epilepsy is rarely curable. I have actually seen a boy suffering from epileptic fits from childhood. When the fit used to attack, the boy had to pass all the above stages of the fit. The physicians at different places could not help the boy at all. This boy was treated by Dr. R. R. Khetti of New Delhi by means of steam bath, hipbath, friction sitz-bath, enema, massage and physical exercise. The treatment lasted for about ten months. The diet was regulated. After ten months' treatment the boy became all right, and his body became very healthy. His pictures give the proof of his good health.

This case proves that epilepsy is curable by such methods, in the hands of an expert.

A Cheerful Mind

By Dr. M. Barooa, L.M.P., F.T.S.,

—Sahityabhushan, Dibrugarh, Assam.—

A cheerful mind, a cheerful mind !
A better friend you hardly find.
Banishing baneful, brewing
thoughts,
Instils sublime, merry draughts.
What a marvel, God-sent bounty !
Joyful, jolly—just a dainty.
Healthy view-points, solid brand
Conquer evils although grand.
Idle, cunning, careless folks
Cutting dreadful, baseless jokes,
Find a solace in the heart
Keeping themselves quite apart.
Not a bit of mind's own effect,
But a trifling, darkest defect.

HOW TO KEEP FIT

— By Khagendranath De —

Physical Instructor, Calcutta.

It is surprising that at this day of universal awakening in regard to the need of physical culture, the question is often asked "How to keep fit". This shows that many people are still ignorant of the first and elementary principles of body training which is not only necessary but is also incumbent on every one of us. It is still more surprising that a large number of those who profess to know all about 'physical culture' have apparently wrong ideas even of the first principles for the development and preservation of health and strength.

During the past few years when I was very much interested and took active part in health propaganda works, I came across many persons who asked me the simple question 'how to keep fit'. I perceived that those persons were really anxious "to keep fit," but were unfortunately quite ignorant of the method to be adopted. I realized that each of them was but one of the many who remained undiscovered at the background and whose number was legion.

My reply to the query for "keeping fit" is as follows. Attention should always be given to correct breathing, light exercises short of fatigue, bath-room duties, cleanliness and dieting. A system should always be followed in all these matters.

There are also just as many persons who are anxious to develop their physiques, as there are persons who want to reduce them. This is a difficult problem and the result cannot be quick and rapid. The exercises, which are described below will surely be of unique benefit to both the classes or to people who want to keep fit.

To most persons, and indeed to all, the necessity of taking exercises enough to ensure the normal functioning of their digestive system, and the proper reaction of tissues in their body, dependent upon the nutritive materials afforded by it, is a matter for constant thought and anxiety.

That efficient digestion depends enormously on proper exercises, particularly on such forms as bring the abdominal muscles into action, is now a matter of common knowledge to educated and thoughtful persons. Without such exercises, however excellent the diet may be, there will ordinarily be a tendency for the blood contents to stagnate in the intestines to decompose and to produce poisons which cause a degenerative change in every tissue of the body.

It should here be emphasized that food is intended for three specific purposes; *i.e.*, to replace lost tissues, to prevent waste and to build new tissue-cells, to supply strength and energy for the body, and to further supply mineral salts and vitamins for their particular purposes.

Any food taken in excess forms much of the waste material in the system, part of which is stored in the inter-cellular spaces as fat and the remainder accumulates in the intesti-

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nal canal and in the blood and cells generally. Therefore, the principle of taking food should always be to leave the food with the feeling that you could still eat another portion of it without cracking the skin over the abdomen. Indigestion or dyspepsia as it is usually known, is one of the most common of all stomach disorders—and this disorder mainly comes from wrong form of dieting, the future of which is more gloomy than the present. The absorption of the waste products not only causes Indigestion or Dyspepsia, but in older age it never forgets to let persons suffer from rheumatism, sciatica, general debility, diabetes, high blood pressure and hardening of the arteries etc. Proper mastication of food before devouring it is another vital thing and it should not be overlooked in any case. To escape from constipation which is another common stomach disease, rise early in the morning, drink one or two tumbler-fuls of cool or warm water whichever you prefer; also drink water freely between meals. It is also beneficial to take a glass of hot water and lemon juice before you retire to bed.

It is best to take a friction bath immediately following a hot shower or tub bath, as the hot water serves to loosen the dead skin and to soften all foreign bodies which may be in the pores. A good friction bath involves a fair amount of muscular effort and as such it can be taken without any preliminary exercise or bath Begin your friction bath from the neck and work downwards. Throw the towel across your shoulders, grasp the ends firmly and work your hands, back to neck, a thorough going over. Then lower the hands to the level of the shoulders and work them from shoulders to arms' length from the sides, concentrating the action of the towel across the top of the shoulders. This combines all the best features of massage, limbering exercises and real resistance movements. I must not go into details now but in brief I must say that vigorous rubbing with a dry towel is invaluable to health. In rubbing the body your movements should always be in the direction of the heart.

Cleanliness.

Remember, cleanliness is next to godliness. Live in a room where plenty of fresh air and sunlight are available. Keep the room free from dust. Brush your teeth and comb your hair at least twice a day. Clip your nails at regular intervals of time. Wash all the clothes that you wear next to skin daily, and your bed-sheet and pillow cases once a week if not more. Keep clean both in mind and body. The mind is the vital force for health or disease. Vicious thoughts lead to devitalising habits and can kill you as surely as a bullet from a rifle.

Breathing

A little attention to and practice of breathing will make a great difference in health, as the body derives its initial energy from the air we breathe. Correct breathing purifies the blood, speeds up circulation, strengthens the heart and tones up the muscles. Inhale through the nose and exhale through the mouth. In the former process the air gets freed from dust before it reaches the lungs to get emptied quickly, thereby enabling them to take at once a greater volume of fresh air.

Movements.

The following are useful exercises for health, mind and fitness for all times. These exercises can be performed at any age; you are never too old for them provided the exercises are within the limits of your strength and are suitable to your body conditions. In no case over-exercise should be allowed—it is detrimental to health.

1. Stand erect with arms above the head, bend down to towel the toes, keeping the head in line with the arms, and the knees straight.

2. With the arms outstretched, rotate the body slowly as far as possible from side to side With the hands linked above the head, describe wide circles with the body working from the waist.

3. With the hands on the hips and the feet separated bend slowly forward as far as possible, then backward, then bend over, first to one side, then to the other.

4. Lie on the floor with arms extended above the head, sit up without lifting the heels and in a movement bend forward to towel the toes, keeping the knees straight.

5. With arms to the sides, raise the legs with the knees straight and lower again slowly.

6. Sit on the floor with the spine pressed against a wall and the head up, fling up each one in turn till the back of the head touches the wall above the head.

Topics of Interest from Health Periodicals

The use of Urea in the Treatment of Infected Wounds.— Holder and MacKay (*Journal of American Medical Association*, April 3 1937, page 1167) report on the successful results obtained by the use of saturated solution of urea in various wounds particularly in those where other therapeutic measures have failed. Urea acts by dissolving proteins and removing debris, encrustations and dead tissues. Urea is cheap, non-irritating and a great deodoriser. —*J. I. M. A.*

Vitamin Value of Buttermilk.— Support of two experts—Excellent for its price. — Writing on the dietetic value of buttermilk when compared with milk Dr. Satish Chandra Das Gupta says in the *Harijan* :

Buttermilk contains all the ingredients of whole milk except butter and vitamin A. If I were to valuate boiled milk in which vitamin C is destroyed, I would put the following values on the ingredients.

Butter and vitamin A	8 annas.
Proteids	5 ,,
Milk, sugar and mineral salts and vitamin B	3 ,,

If therefore whole milk is valued at sixteen annas, buttermilk which contains the second and third items should be valued at eight annas. As a matter of fact it is sold proportionately for much less and is therefore a cheap but

valuable article of diet for poor people who cannot obtain whole milk.

Various Types.—Butter milk, says Dr. Aykroyd in the same paper, is a term which has several meanings in India. Butter milk made from curds *i.e.*, soured milk from which a good proportion of the fat has been removed, has roughly the same nutritive value as separated milk, provided no water is added.

If as often happens, large quantities of water are added to buttermilk of this nature, the resulting product is still called butter-milk but of course its food value has been greatly lowered.

A third form of butter-milk is the liquid which separates out when cream is churned into butter. This type of butter-milk is of relatively low nutritive value, since most of the valuable elements remain in the original milk from which the cream was obtained. It should, however, be not wasted, since it has some food value and is better than no milk at all.

Silence as an aid to recovery.—The chief object of every sensible doctor is to conserve the vital energy of the patient so that the recovery must be speedier. Where a person speaks, not only the vocal cords and muscles of the tongue and the neck, are working but the entire mechanism of breathing, the chest muscles and the lungs are brought into play. But above all, these finest adjustments of the nervous system, centered in the brain assume one of the most implex activities ever imposed upon the human frame. The nervous system is performing its highest functions. Impulses are sent to the brain; they are translated in its centre and orders to act are issued by the brain to the various muscles enumerated above. These three actions are performed in rapid succession. It is calculated *that no less than 18 muscles, big and small, are working when a man speaks. 33 nerves operate in the action and 29.3 per cent carbon-dioxide is added to the blood stream along with other waste products in the exertion of talking.* The extent of mental and physical fatigue can be judged from the statement that *in order to eliminate all the waste caused by 10 minutes' walk, 45 minutes' normal quiet is needed.* This is the physiological aspect of speaking. Whether we are talking in the street or delivering an address, a varying degree of exhaustion is felt in direct proportion to the extent of breaking the silence. By remaining silent, the patient conserves his energies and thus becomes better able to fight successfully with the inroads of exhausting diseases.—*Indian Naturopath.*

Morning Hygiene and Exercise.—Boigey cites three cases of sudden death during the morning exercises and explains that exercises which are appropriate for younger persons should be specially adapted for people past the age of 50 years, notably those with organic or functional disorders. After that age it is not wise to get up rapidly from bed and it is dangerous to exercise in the dorsal posture and to raise the lower extremities : this movement produces the effect of a hydrostatic blow on the walls of the cerebral blood vessels. Dizziness and even fainting may result from it. These persons should perform their exercises in the upright position, assuming an attitude which is normal for them in their

waking and working hours. Certain changes take place during sleep, such as slowing of the pulse and lowering of the blood pressure. At the moment of awakening there is a rise in blood pressure, a certain degree of congestion occurs in sinuses, and the circulation of the brain becomes stronger. Exercise at this time increases the cerebral congestion, which is not equilibrated by the constructive action of a torpid vasomotility that needs time to recover its full activity. It is therefore important for these subjects to stay in bed long enough to allow the circulation to become normal again. Persons beyond 50 years of age and all those with hypertension should then dress to avoid sudden cooling of their bodies before proceeding with their exercise. They should avoid repeated lowering of the head below the level of the belt line. Forceful flexions and extensions of the thorax have a congestive effect on the brain, do not by any means improve the abdominal circulation and may even do harm to the intestine. The author thinks that these persons should exercise between 4 and 6 P.M., as at that time of day their organic temperature, muscular strength and general vitality are at their best. The exercises should be done without much effort and speed, because their main object is to conserve the suppleness of the muscles —*Bulletin de l'Academie de Medecine, Paris Jan. 12, 1937 p. 67.—Medical World.*

Salt-Free Diet in Skin Diseases.— Two Scientists (*British Medical Journal*) have been experimenting at the University Dermatological Hospital in Hamburg with a salt-free diet in skin troubles of nervous origin. They found at once that the daily addition of fifteen to twenty grams of salt (one-half to two-thirds of an ounce) to the food provoked an aggravation of this disease, usually on the first day, but in some cases not until the second to the fifth day. The new symptom consisted as a rule of violent itching, so severe in some instances as to be so unendurable that it was necessary to discontinue the use of the added salt.

Dryness of the skin was relieved by the application of lanolin and vaselin. As a rule, the curative effect of the restricted diet was not demonstrable in less than four to six weeks. But the disease returned when salt was again added to the food. Such relapses could be more or less avoided by eliminating such foods as were found by experience to be most injurious.

Of sixty-nine patients suffering from eczema, fifty-one were practically cured by the salt-free diet, sixteen were much improved. One was not helped.—*Good Health.*

Whose Cooking do You Like?— If you think your wife is not as good a cook as your mother was, you are probably wrong.

It is just that you are older.

Science has proved that the food enjoyed by a normal person tastes three times as good when one is under twenty as when one is older.

The reason is that young people have three times as many "taste-buds" —delicate little oblong areas on the tongue—as people in later life.

This remarkable fact has been proved by Professor Leslie V Arcy, of the North-Western University, Chicago,

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who has counted 60,000 taste-buds on the tongues of children, grown-ups, middle-aged and old people to find out why people enjoy eating certain foods at one period of their lives more than they do at other.

Messages.—The average child is born with a full complement of 328 taste-buds.

The buds are connected with nerves which carry messages to those centres of the brain which cause enjoyment

. After the age of twenty the taste-buds tend to disappear. On an old person's tongue there are only about 100 of them.

That is why older people enjoy certain vegetables and can take with ease nasty medicines which are hateful to children.

Most adults like spinach and other slightly bitter vegetables which children dislike.

Enjoys Ices.—That is because the taste-buds on a child's tongue carrying sense of bitterness to the brain are much more numerous than the taste-buds on the tongue of father or mother.

A ten-year-old child enjoys ice-cream three times as much as his grandfather, because there are three times as many tiny messengers sendings pleasant messages from its tongue as from that of the grand-parent.—*Indian Homoeopathic Journal.*

A Village Mosquito-Trap. — By Ramakrishna, N. Gore L.M. & S., Khar, Bombay.

The trap consists of an earthen pot commonly used for storing drinking water in villages and four pieces of woollen fabric 7 inches by 5 inches from a blanket of the type used by villagers. Each piece is tied at the centre of one end by a short string, the other end of the string being tied to a stone so as to counterbalance the weight of the piece of cloth. It is better to hem the sides of the four cloths. The cloths are so arranged as to form a cylinder in the body of the pot and project from the mouth. The cylinder remains about 4 inches above the bottom to allow the mosquitoes easy access to the darker places in the pot. The strings with stones attached hang outside the pot and hold the cloths in position.

The trap is kept at night in a corner, which has been previously ascertained to be a resting place of mosquitoes. The following morning, places other than those where the trap is placed are disturbed twice between 7 and 8-30 A.M. This is important since it helps in gathering more mosquitoes in the trap.

A piece of cloth is put over the mouth of the pot and one by one the four wollen cloths are pulled out after gently shaking with the help of the string, and keeping the palm of one hand over the cloth covering the mouth.

A flat metal or earthen dish, just the size of the mouth of the pot is held over the pot and the cloth gently withdrawn. The same cloth is again put over the closed mouth and tied at the neck by a piece of string. The mosquitoes are thus caught securely in the pot. The pot is kept inverted in the sun for one hour when all the mosquitoes will be killed by heat. During the monsoon the mosquitoes are killed by fumigation. The following are the advantages of this trap :—

(1) It catches mosquitoes in numbers.

(2) The mosquitoes caught are easily destroyed.

(3) It is workable all the year round.

(4) The materials used are easily obtainable in villages.

(5) It is cheap.—*I. M. G.*

"Great fleas have little fleas,
On their back to bite them.
Little fleas have lesser fleas.
And so ad infinitum".—*Health Book.*

* * *

Man is the only animal that laughs and weeps; for he is the only animal that is struck with the difference between what things are, and what they ought to be.—*Hazlitt.*

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If a man empties his purse into his head, no man can take it away from him. An investment in knowledge always pays the best interest.—*Benjamin Franklin.*

* * *

As good almost kill a man as kill a good book. Many a man lives a burden to the earth, but a good book is the precious life blood of a master spirit, embalmed and treasured up on purpose, to a life beyond death.—*Milton.*

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Many Americans Adopt Babies.—In the United States, where many babies are adopted each year, there never are enough babies to go around. For the past several years an average of 25,000 couples have asked for babies: but only an average of less than 8,000 babies were available. Nearly 70 per cent of the people ask for girl babies. —*Treasure Chest.*

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A simple measure Against Bed-Wetting.—Dr. T. H. Sutter, Brixlegg, Tyrol. (*Munchener med. Wschr.*, No. 16, 1937.)

Put a towel over the abdomen and knot it at the back. Children wet their beds when in a dorsal position. If the child rolls over on to his back in his sleep the knot is uncomfortable and he turns on his side again automatically without his sleep being in the least disturbed. If the knot does not get displaced, the bed-wetting ceases. Probatum est!—*Ars Medici.*

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Role of Heredity in Disease.—M. T. Macklin, Medicine 14: 1 (Feb.) 1935. Macklin reviews the role of heredity in disease in the light of modern genetics. The review is comprehensive. It does not lend itself to abstracting. His view is expressed in the closing sentences of the article: "converging streams of germ plasm with their varying potentialities have met to make him what he is; how he reacts to his environment, what disabilities he meets along the way, what form death assumes when finally it removes him from the scene are largely determined by his heritage.—*McBryde, Durham, N. C.*

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A New Test for Pregnancy.—Small fish (perch) when placed for an hour, or an hour and a half, in the non-diluted urine of pregnant women, show a marked dark discoloration of their backs. They also show dark stripes on their sides. Sometimes the reaction can be observed after only ten minutes. Pituitrin injections may give the same reaction, which is due to melanophoren hormone. The urine of non-pregnant woman is inactive.

The reaction is not as reliable as Aschheim-Zodek's, but it deserves our attention, because of its simplicity and rapidity. (*Mandelstamm* (*Leningard*), *Zentralbl. f. Gynak.*, 1935, *No*, 56/47). —*The Review of Therapeutics.*

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First Aid in the Home.—Children often scratch themselves with rusty nails and splinters. Squeeze the wound gently to make it bleed and carry away some of the germs. Apply diluted peroxide or iodine. If the child is healthy, keeping the wound clean and covered should be sufficient. If delicate or not in good health, it is wiser to show it to a doctor or trained nurse. Cleanliness and lack of fuss are better than over-emphasizing the seriousness. Fear does more harm than any other agent.

In the case of serious bleeding, prompt action is essential.

Lie the patient flat and keep him absolutely still.

Bright red blood is arterial, and the arteries are like a hose. Pressure *at any place nearer the heart* will stop the flow. So apply a tourniquet, the making of which every parent should have learnt.—*Home & Homoeopathy.*

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The Treatment of Paralysed persons with Under-water Exercises.—Dr. H.G. Scholtry of Virchow Hospital maintains that active movements are always the strongest stimulant for the restoration and preservation of an injured nerve cell. Remedial exercises have therefore played an important part in the treatment of paralytic disease from time immemorial, but their use is strictly limited in cases of serious spasms or of highly flaccid paralysis. In such cases, treatment by exercises under water has proved eminently helpful.

Under-water exercises have various advantages. The dead weight of the body is almost neutralised by the buoyancy of the water so that even the slightest effort produces a perceptible movement. Both doctor and patient often discover in the bath that the paralysis is not as complete as had seemed. The patient is inspired with fresh hope and his volition tracts are re-invigorated. The results achieved spur him on to work indefatigably. In order to give fresh stimulus to his lost feeling of innervation, every movement in water is helped at first by an assistant, a gymnast and the patient is urged to concentrate his attention on the movement being made. Another advantage is that in the bathing-pool the movements of the limbs and trunk can be made in any direction and that with side-way movements especially there is no frictions against an underlying surface. Finally, the warm bath produces general relaxation, reduces the excitability and moderates the spasms which are often extremely painful.—*Ars. Medici.*

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Hope On !

Hope on, though darkest night comes down,
And stars refuse to shine,
Though heavy clouds of sorrow frown,
And all your joys decline,
For soon the darkness flies away
And ushers in a gladder day.

Hope on when ways are long and drear,
And feet and fortune fail,
When in the gloomy valve of fear
E'ven faith can scarce prevail
For longest roads bring rest at last,
When doubt and danger's overpast.

Hope on when life's short day declines,
And evening shadows fall,
For in the west the promise shines
That this life is not all—
That, though the sun may set to-night,
A few brief hours bring back the light.

--*A B. C. in Home & Homoeopathy*